

Your  
Psychic  
Soul





# Your Psychic Soul

Embracing Your Sixth Sense

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by Judith Pennington

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*To Edgar Cayce, with love and gratitude for your many gifts to the world.*









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This book features leading-edge research by the Mind and Life Institute, the Maharishi Institute, the Institute of HeartMath®, the Institute of Noetic Sciences, and private researchers studying the brain, meditation, intuition, and consciousness. Your courage and dedication to truth makes it easier for everyone else to find theirs.

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All of these visionaries worked and are still working on the most important frontier of all: the evolution of human consciousness. We owe them a tremendous debt of gratitude.









## Preface

*All of us have wonderful and amazing stories about our life journeys.* I want to tell you a little about mine and what prompts me to use the word “soul,” which so many people equate with religion. “Soul” is really a much more ancient idea, dating back to the earliest people who simply felt its presence.

Perhaps you, too, could sense the presence of your soul as a young and innocent child. I was aware of *being* a shimmering, light-filled soul in communion with a sacred presence in nature. While fishing the lazy bayous and rivers of South Louisiana with my loving parents, I felt quiet and happy inside, as if I were one with the land, water, sky, and all living things. I found the same sense of mystical oneness in the colorful, stained glass windows, fragrant incense, flickering candles, and soaring harmonies sung in my neighborhood Catholic church. But due to heart-breaking events within my family, at age fifteen, I drew away from my spirit’s inner peace. After that, I felt lost.

As I grew older, I knew that something was missing but did not know




what it was. Perhaps it was my unconscious longing for mystical union that drew me back one sunny day as I drove to a follow-up appointment with my gynecologist. The doctor had found a large ovarian growth and was concerned enough about it to ask me to return on Monday for a special, more thorough examination. By then twenty-five years old, I left work that day in my red Karmann Ghia and sped up a downtown ramp onto the busy interstate that runs through Baton Rouge, Louisiana. Over the weekend, I had forgotten about the appointment. By now, though, I had grown fearful. I sent up a silent, heartfelt little prayer: “I don’t know if there is a God or not, but if there is, please don’t let anything happen to me. There’s no one else to take care of my little girl.”

Before the end of that sentence, a cold chill swept over my body and changed into a sensation of warm, radiant bliss. Waves of light poured into me and intensified until my heart overflowed with awe and gratitude. I gazed into my rearview mirror and saw tears of joy and wonder streaming down my face. I was who I was, but I was more than just myself. Somehow I was inside and outside of my body at the same time. Everything was radiant with light—the car, the highway, the sky, and my entire being. The pouring light intensified, and I expanded into an infinite sea of joy. It came to me, suddenly, that being filled with light is what it feels like to die, and the body is a prison that separates us from this sweet bliss.

I was not aware of driving the car—*who was driving?*—but as the interstate exit approached, the warm light slowly ebbed away. Sensation came back into my hands, and I carefully steered the car down the ramp in what seemed like slow motion. At home, I prepared for the doctor’s appointment and telephoned my charismatic Christian mother-in-law to tell her what had happened to me. She was the only person who, at that time in my life, understood.

In the gynecologist’s office, I was still exhilarated and overflowing with joy when he examined me and announced that the large tumor on my left ovary had disappeared. “It must have been the prescription I gave you to take over the weekend,” he said. I knew better. I had been healed by radiant light and the blissful love inside of the light. Some mysterious force had touched me, and I would never be the same.





Over the next twelve years, I could neither doubt nor deny this healing. Was the light inside or outside of me? How could I get back to it again? Not knowing where or how to get logical answers to my questions, I stayed busy working as a freelance writer, directing a peace and justice group, and managing two headstrong daughters as a single mother.

It was years before I recognized it, but an invisible current was directing me to the answers to my questions via story assignments on psychic phenomena, altered states of consciousness, and creativity and the brain. Everything converged in late 1987, at about two o'clock in the morning. I had just finished writing an eye-opening article about a social justice advocate that was powerful enough to make a difference in people's lives. So I was happy and unusually quiet as I closed down my computer and roamed around in my bedroom—a little sleepy yet exhilarated—when an indefinable urge came over me to sit down with pen and paper, listen inwardly, and write down what I heard.

Thus began my relationship with my soul, whose kind, gentle wisdom in hundreds of meditative writings led me out of a dark pit of self-hatred and worthlessness and into the clarity, peace, and light of my spirit. Twelve years later while in Virginia Beach, VA writing a book about this transformation, I asked inwardly for a scientific explanation of my journey in consciousness—without which I would not have published the book. The next day, I was intuitively urged to visit the A.R.E. Bookstore to find an issue of *Common Boundary* magazine, a national publication for which I'd written in previous years but had not seen since.

Emblazoned on the magazine cover was a headline, "Evolving Consciousness," which struck an instant chord of recognition. This interview about Electroencephalography (EEG) with the awakened-mind pioneer, Anna Wise, scientifically explained the brainwave development that opened up my psychic abilities. The information was the first of three logical proofs that I'd sought for my first book on inspired writing and the science of spirituality, titled *The Voice of the Soul: A Journey into Wisdom and the Physics of God*.

Little did I know, as I reluctantly followed my writings' guidance to study with Anna Wise seven years later, that I would assist her at the



Esalen Institute and succeed her as a world authority on EEG and the development of consciousness. Teaching this work across the United States and writing about it in international publications turned out to be my soul's destiny, a fascinating and deeply fulfilling lifework that is more than I ever hoped for or could have imagined.

Soul guidance in dreams led me to record meditation CDs and to write this book, a scientific and mystical explanation and experience of intuition that comes out of some thirty years of investigation—all of it incredibly synchronistic—of the brain, meditation, consciousness, and how the psychic soul manifests in our daily lives.

You will find in these pages the compelling stories of meditation masters, professional psychics, angel communicators, hands-on healers, neuroscientists, physicists, and many other credible people engaged in the experience and study of consciousness and intuition. Foremost among them is Edgar Cayce, whose psychic readings helped bring about the spiritual awakening that is now taking place all over the world.

Writing this book has been a joy and a privilege. It motivated me to delve more deeply into the Cayce readings on psychic material, where I was delighted to find the language and concepts used by quantum physicists to describe the intuitive process and the nonlocal mind of God. The brainwave research and two new superconscious patterns I present here for the first time validate the Cayce readings about the psychic soul as well as the scientific findings of quantum physicists.

On a personal level, the revelations in this book have inspired me to open up to new psi experiences that have expanded me into deeper and higher states of awareness. For this personal growth, I am inexpressibly grateful.

I hope and trust that this book's journey into the superconscious will be equally as exciting and rewarding for you.

# 1



## Awakening to the Psychic Soul

*“Each person enfolds something of the spirit of the other in his consciousness.”—David Bohm, PhD, physicist*

*Even as we struggle to stay balanced amidst the hustle and bustle* or worries and concerns of daily life, the psychic soul finds ways to guide us; and indeed, when we are at our worst, the soul does its very best work. It speaks to us in the “languages” we speak best and in a “voice” that is crystal-clear. Here are some examples:

Perhaps you thought about a long lost relative or friend and, completely out of the blue, that person telephoned or knocked at your door. Or perhaps, when you phoned someone you hadn’t talked to in a while, the person exclaimed: “I was *just* thinking about you!”

You might have been driving a car when suddenly you had an overwhelming impulse to turn left. The impulse turned out to be the correct choice, although you had no logical way of knowing it. Or you may be one of the many people who, while driving along on a highway, instinctively obeyed an inner voice that shouted an unmistakable warn-

ing like, "Switch lanes now!" By doing so, you narrowly avoided a tragic accident.

Perhaps your soul awakened you in this way: needing help, you asked for it inwardly. Shortly thereafter, the name of a bookstore repeated itself in your mind until you went there, whereupon a book or magazine containing exactly what you needed to know jumped into your visual field and leapt off a shelf into your hands or fell at your feet. (This phenomenon is so common that it has a name: bibliomancy, meaning divination by books.)

Or perhaps you have had a spiritual experience like that of my very logical and pragmatic chiropractor, Terry Hafer. While practicing stop-and-go landings in her airplane, she heard through her headphones a strangely metallic male voice that knew her call numbers, telling her that she had a visitor waiting for her in the tower. Terry landed her plane, and moments later the engine catastrophically (meaning irreversibly) failed. Shaken but safe, she climbed the steps of the tower to greet her visitor. The two air traffic controllers on duty, both women, knew nothing of a visitor and had not contacted her in the air.

Dr. Hafer told me that story after hearing from me about an angel communicator featured in this book. She confided a startling angel story of her own, which she has shared with very few people until now. One day, she accompanied her husband on a visit to his eye doctor. A typically courageous man, her husband admitted to being afraid: for the second time, a long needle would be inserted in his eye to relieve glaucoma, and the pain would be unbearable. Terry reassured him and prayed with all her might. The room grew very quiet, and when she looked up, to her utter astonishment she saw three tall angels with their wings folded around her husband and the ophthalmologist. She had not previously believed in angels, nor had her husband. But during the treatment, he had felt no pain at all. They changed their minds about believing in angels.

Sometimes when we ask for help, it shows up in an outer experience, such as an unlikely coincidence or a snatch of conversation heard from a passerby. At other times, helpful insights arise out of the quiet inner depths of the subconscious mind.

Perhaps you are a soul writer and listen intently to lyrical words of



wisdom that spill into your fingers with guiding insights that you use in every aspect of your life. Or perhaps you are so intuitive that people look to you for wisdom that wells up on its own.

Dreams awaken many people to the genius of the psychic soul. Have you ever awakened with a dream fragment that flickered across your mind until you sat down, closed your eyes, and received its symbolic message, which brilliantly spelled out your next, most favorable steps in life? Perhaps you have awakened with crystal-clear insights into a work project or relationship.

There is nothing magical or mysterious about psychic abilities. In everyday life we “pick up” the thoughts and feelings of other people. Business people act on hunches all the time, and police officers live by them. So do most parents, who are in telepathic touch with their children’s unspoken wants and needs. Everyone has psychic abilities, although their power and accuracy depend on how often and how consciously they are used.

Intuition is the ability to sense or know information that is not available to the logical mind. Where does it come from? Brainwave mapping shows that our intuitive abilities reside below ordinary awareness in the subconscious mind—the boundless realm of the psychic soul.

Edgar Cayce placed the soul in the subconscious, too, but pointed out that we do not *possess* a soul; rather, we *are* a soul with a sixth sense that is constantly in touch with a higher self, or oversoul, an immortal spiritual essence and ideal being residing in a superconscious dimension next to the throne of God. (5754-2 and 900-31)

You may not feel like an immortal soul. Yet on the level of your godlike or angelic nature, which has lived “. . . throughout the *eons* of time . . .” said Cayce, you are. (5754-2) The prescient and mystical experiences featured in this book are proof of your soul’s ability to penetrate time and space with its sixth sense to draw higher wisdom and knowledge from your superconscious spirit.

Awakening to the power and presence of the soul changes us in every way, since once we know our true potential, we can’t “not-now” it again. And who would want to? Getting in touch with the psychic soul is like falling in love. “I knew there was something else,” we breathe. “This is it.” We rejoin the lost piece that was missing, empty places inside

us disappear, life takes on new meaning, and the world grows brighter and more beautiful.

The beauty of attunement with the psychic soul is its instant access to what cannot be known or understood by any other means.

Which job serves my soul growth? Deepen into your soul's awareness to feel the answer. Why are my relationships so painful? Close your eyes and listen for the truth. Shall I move to Boise, Idaho? Quiet your thoughts and mind-travel to Boise!

Our psychic intuition—psychic referring to the “psyche,” or soul—easily and quite naturally reaches into an infinite sea of light flowing within and all around us to obtain ideas, insights, and information that answer any need. Our entire cosmos, radiantly alive with every thought, feeling, intention, word, and deed that has occurred and ever will occur, opens with perfect ease to the psychic mind that seeks to know.

Psychic intuition is the birthright and common language of every living thing. Whether our questions concern our destiny, animals, other people, spirits, or even other worlds, there is no limit to what we can learn and experience through the soul.

Just imagine what it would be like to close your eyes, rest in the loving embrace of your psychic soul, and see, hear, sense, and know how to create and enjoy a happy, productive life that serves you and everyone else. What would it be like to go through each and every day so attuned to your psychic senses that you know what to do in every moment and the best way to do it?

Life can be just this smooth, easy, and free of distraction. While there will still be bumps on the road (unless you are perfect), you will psychically sense how to go over or around them. As a master and servant of the inner light of intuition, you hold a lantern that illuminates inner and outer worlds for the good of all.

### **Opening the Doors of Perception**

The purpose of this book is to teach you to receive not just occasional intuitive insights but instead a steady stream of psychic information that enlightens you and lights up the world. In truth, you are already enlightened—on the level of your pure spirit—and it has al-

ready awakened you to the beauty of spiritual and psychic realities beyond the physical world.

. . . Or you wouldn't be reading this book.

Can you recall one or more intuitive events that may have led to your interest in intuition? If so, you may wish to jot these examples down in a journal that you reserve for this specific use. The writing hand links to the unconscious mind, so you may receive information as you write. Be sure to note what type of intuition you experienced. Was it a dream, a waking vision, a voice, an inner sense of knowing, or a synchronicity involving people or events?

Replaying intuitive memories in your mind—if they are pleasant, of course—reconstructs *the feeling of the state* of consciousness and reawakens it. If you do not remember an intuitive event in your past, then simply draw your attention to your heart and state clearly and firmly that you are open to soul guidance. Clarifying such an intention, without reservation, attunes the levels of your mind to each other for intuitive success.

Hopeful expectation opens the doors of psychic perception and the infinite dimensions lying beyond them. Soon you will see just how psychic you are!